

Horario de actividades dirigidas

Centro

Horario Completo



HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	CYCLING VIRTUAL 07:30 - 08:15 - CYC	CYCLING VIRTUAL 07:30 - 08:15 - CYC	CYCLING VIRTUAL 07:30 - 08:15 - CYC	CYCLING VIRTUAL 07:30 - 08:15 - CYC	CYCLING VIRTUAL 07:30 - 08:15 - CYC		
09:00	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC
	PILATES 09:30 - 10:20 - ST2 PILATES LIVE 09:30 - 10:20 - ST2	GIMNASIA SUAVE 09:30 - 10:20 - ST2 GIMNASIA SUAVE 09:30 - 10:20 - ST2 LIVE	PILATES 09:30 - 10:20 - ST2 PILATES LIVE 09:30 - 10:20 - ST2	GIMNASIA SUAVE 09:30 - 10:20 - ST2 GIMNASIA SUAVE 09:30 - 10:20 - ST2 LIVE	TONE 09:30 - 10:20 - ST2 TONE LIVE 09:30 - 10:20 - ST2		
10:00	B.PUMP 10:30 - 11:20 - ST2 BODYPUMP LIVE 10:30 - 11:20 - ST2	CYCLING 10:30 - 11:20 - CYC	CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING 10:30 - 11:20 - ST2	B.PUMP 10:30 - 11:20 - ST2 BODYPUMP LIVE 10:30 - 11:20 - ST2	CROSSTRAINING 10:30 - 11:20 - ST2 CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:15 - CYC
	CYCLING VIRTUAL 10:30 - 11:15 - CYC		GAP 10:30 - 11:20 - ST2 GAP LIVE 10:30 - 11:20 - ST2		CYCLING VIRTUAL 10:30 - 11:15 - CYC		
11:00	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	B.PUMP 11:30 - 12:20 - ST2	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC
	GAP 11:30 - 12:20 - ST2 GAP LIVE 11:30 - 12:20 - ST2	YOGA 11:30 - 12:20 - ST2 YOGA LIVE 11:30 - 12:20 - ST2	BODYPUMP LIVE 11:30 - 12:20 - ST2 CYCLING VIRTUAL 11:30 - 12:15 - CYC	GAP 11:30 - 12:20 - ST2 GAP LIVE 11:30 - 12:20 - ST2	PILATES 11:30 - 12:20 - ST2 PILATES LIVE 11:30 - 12:20 - ST2		
12:00	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC
14:00	CYCLING 14:30 - 15:20 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING 14:30 - 15:20 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	
15:00	CYCLING VIRTUAL 15:30 - 16:15 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC	
18:00	CYCLING 18:30 - 19:20 - CYC	B.PUMP 18:30 - 19:20 - ST2 BODYPUMP LIVE 18:30 - 19:20 - ST2	CYCLING VIRTUAL 18:30 - 19:15 - CYC	B.PUMP 18:30 - 19:20 - ST2 BODYPUMP LIVE 18:30 - 19:20 - ST2	CYCLING VIRTUAL 18:30 - 19:15 - CYC	CYCLING VIRTUAL 18:30 - 19:15 - CYC	
		CYCLING VIRTUAL 18:30 - 19:15 - CYC	PILATES 18:30 - 19:20 - ST2 PILATES LIVE 18:30 - 19:20 - ST2	CYCLING VIRTUAL 18:30 - 19:15 - CYC	PILATES 18:30 - 19:20 - ST2 PILATES LIVE 18:30 - 19:20 - ST2		
19:00	B.COMBAT 19:30 - 20:20 - ST2 BODYCOMBAT LIVE 19:30 - 20:20 - ST2	CYCLING 19:30 - 20:20 - CYC	B.COMBAT 19:30 - 20:20 - ST2 BODYCOMBAT LIVE 19:30 - 20:20 - ST2	CYCLING 19:30 - 20:20 - CYC	B.PUMP 19:30 - 20:20 - ST2 BODYPUMP LIVE 19:30 - 20:20 - ST2		
	CYCLING VIRTUAL 19:30 - 20:20 - CYC		CYCLING VIRTUAL 19:30 - 20:15 - CYC		CYCLING VIRTUAL 19:30 - 20:15 - CYC		
20:00	B.PUMP 20:30 - 21:20 - ST2 BODYPUMP LIVE 20:30 - 21:20 - ST2	CYCLING VIRTUAL 20:30 - 21:15 - CYC	CYCLING 20:30 - 21:20 - CYC	CYCLING VIRTUAL 20:30 - 21:15 - CYC	CYCLING VIRTUAL 20:30 - 21:15 - CYC		
	CYCLING VIRTUAL 20:30 - 21:15 - CYC	ZUMBA 20:30 - 21:20 - ST2		ZUMBA 20:30 - 21:20 - ST2			
21:00	CYCLING VIRTUAL 21:30 - 22:15 - CYC	CYCLING VIRTUAL 21:30 - 22:15 - CYC	CYCLING VIRTUAL 21:30 - 22:15 - CYC	CYCLING VIRTUAL 21:30 - 22:15 - CYC	CYCLING VIRTUAL 21:30 - 22:15 - CYC		

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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